

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00-6:00am						
06:00-7:00am	Group 4 5.45-7.45	Group 4 5.15 - 6.45	G3 Trans 5.15 - 6.45	Group 4 5.45-7.45	Group 4 6.45-8.45	Masters 4 5.45-6.45
07:00-8:00am		Masters 1 5.45-6.45	G3 Trans Land			
08:00-9:00am		G4 (Land) 6.45 - 7.45			Transition Only 6.45-8.45	Group 4 7.30-9.30
09:00-10:00am					G4 Land 9.00-10.00	Masters 1 8.30-9.30
10:00-11:00am						Group 3 9.30-11.30
11:00-12:00						Group 2 9.30-11.30 Transition Only
4:00 - 5:00pm			Group 4 (Land) 4.00-5.00	Nippers 4.00-5.00	Group 3 4.00-5.00	
5:00 - 6:00pm	Group 1 5.00-6.00		Group 4 5.00-7.00	Nippers 5.00-6.00	Group 2 5.00-6.00	Group 1 5.00-6.00
6:00 - 7:00pm	Group 2 6.00-7.00			Masters 2 6.00-7.00	Group 3 6.00-7.00	
7:00 - 8:00pm	Group 3 7.00-8.00		Group 3 7.00-8.00			

- Nippers:** 1 hour/week
- Group 1:** 2 hours/week
- Group 2:** 3 hours/week
- Group 3:** 6 hours swim + 1 hour dryland
- Group 4:** 11.5 hours swim + 3 hours dryland
- Masters:** 2 hours/week

**\*\*\*\*\* Parent on Duty \*\*\*\*\***

Swim Ireland requires that a parent is in attendance at all club training sessions.  
Parents must check the Parent on Duty Rota and arrange cover with another parent if they cannot attend.  
Sessions will be cancelled if there is no parent available.

**Sessions may be cancelled or merged at short notice due to galas, etc.**